

Parenting Skills Workshop Series

Fall 2018

Join us for an eight session parent education program presented by the Family Health and Wellness Program of Cornell Cooperative Extension. Learn new, positive skills that will replace ineffective behaviors and parenting practices. Each session is designed with hands-on activities so that participants have the opportunity to practice these skills. All sessions will be held at the Extension Education Center located at 423 Griffing Avenue, Riverhead, NY 11901 and will run **Wednesday evenings from 6:30 – 8:30p.m.**

September 26	Introduction: Welcome, overview, pretest, ground rules
October 3	Encouragement: Learn to express your good feelings towards your child
October 10	Can Do: Learn how to set limits on your child's behavior
October 17	Choices: Learn to share decision making with your child
October 24	Self-Control part 1: Learn to manage your emotions
October 31	Self-Control part 2: Learn to keep from acting impulsively
November 7	Respect Feelings: Learn to understand, accept and respect your child's emotions
November 14	Graduation: Review, posttest and evaluation, awarding of certificates, celebration

To recognize your commitment to the Parenting Skills Workshop Series, certificates will be given out at the last session. Participants who attend all 8 sessions will receive a *certificate of completion*; all others will receive a *certificate of participation* reflecting the number of hours attended.

Participants must pre-register for this program by 9/19/18. The non-refundable program fee of \$100 is required at time of registration. Call Jane Juran at 631-727-7850 x340 to register. *Please let us know if you need special accommodations at least two weeks prior to scheduled workshop.*



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Family Health and Wellness Program

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

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